

Guidelines for the authors

For the Abstracts

Page Setup - margins: top = 3 cm, bottom = 3 cm, left = 2 cm, right = 2 cm; **paper:** A4; **layout:** header and footer: 2 cm.

Font: Cambria

Title: size=14, bold, center;

Subtitles: size = 12, bold, left alignment;

Authors : size=12, name and number (in superscript) that indicate affiliation, left alignment.

Institutional affiliation, cambria, size=8, left alignment

Contact address: e-mail or postal address;

Summary (abstract) no more than 300 words, cambria, size = 9 (short presentation of aim and purpose, material, methods, results, conclusions); Abstract should be both in english and romanian

Key-words: 3-5 words, italic, size=9;

For the full text articles submitted for peer - review evaluation the guidelines for the authors are as follows:

Text: size=10, line spacing = single, two columns (width = 7,36 cm and spacing = 1,27 cm), must include aim, purpose, material, methods, results, discussions and conclusions.

Illustrations, graphs and photos should all be considered as figures; each graph, drawing or photograph should be numbered in sequence with Arabic numerals (size 9); all figures should have legends (size 9); line drawing and lettering should be large enough to sustain photo-reduction (min 300 dpi) .

Tables should be numbered with Roman numerals and titled (size 9).

References (size 8): in the text you should identify references by Arabic numeral in brackets [], using Vancouver system. The list of references should include only those publications which are cited in the text, in the order in which are first mentioned in the text; only the first letters of words/titles are capitals;

1. papers published in periodical – name of authors, initial/initials of surname, year of publishing in brackets, title of paper (*italic*), title of periodical (*italic*), volume, cited pages; the abbreviation of journal titles are accessible at nih.gov.

Ex: Dragan C., Tamara P., Sergej O. (2013). *Assessment of physical fitness in children and adolescents*, Physical Education and Sport, 11(2), 135 – 145. edited books or monographs – name of authors, initial/initials of surname, year of publishing in brackets, title of paper or chapter (*italic*), title of book or monograph (*italic*), editors, city, cited pages.

Ex : Kotecki J.E. (2016). *Physical activity & health*, USA: Jones & Bartlett Learning, 232-234.

Submission of a manuscript is held to imply that **it has not previously published and is not otherwise submitted for publication**, except as an abstract (which in that case has to be stated).

Sistematic reviews

Content: these articles are the gold standard to search for, collate, critique and summarize the best available evidence regarding a scientific issue about a certain about physical education, sport, sport medicine, physical therapy and rehabilitation theme.

Size: the article must have no more then 12 pages.

Original papers

Content: original papers must include fundamentals research in physical education, sport, sport medicine, physical therapy and rehabilitation and clinical research regarding physical therapy and rehabilitation.

Size: 6-8 pages, 4-5 image documents (graphs, photographs etc.) ;

Format: the text must be structured in: introduction, aim and purpose of the study, material and method, results, discussions, conclusions (which must present personal conclusions);

References: should be introduced in text.

Clinical studies (case reports)

Content: clinical aspects and research that can show new ways and conclusions regards morphologic evaluation and clinic assessment, therapeutic conclusions regarding the therapy or/and the evolution of assessed rehabilitation processes.

Size: 3-5 pages, 1-2 original demonstrations and researches.

Format: case report, discussion and comparative study in report with other actuality studies.

References should be introduced in text.

***For the final version of the fulltext,**

- the selected authors will receive, when notified for publishing acceptance, the guidelines for the authors according to the journal in which they were selected to be published by the Scientific Committee,